



# Family Studies & Humanities

## Belle River District High School



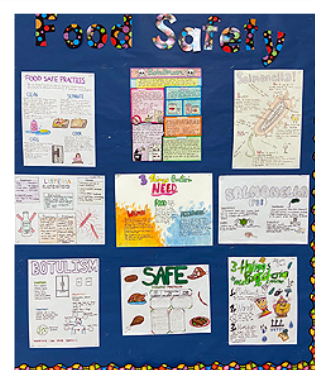
### Family Studies

#### INDIVIDUAL & FAMILY LIVING (HIF10) GRADE 9

This course focuses on practical skills for teens to navigate through high school into adulthood. Students will learn household management skills from cleaning to cooking and small sewing skills. They will also gain knowledge of the functions of families in a diverse society along with problem-solving and decision-making skills.

#### FOOD & NUTRITION (HFN20) GRADE 10

This course focuses on guidelines for making nutritious food choices. Students are provided with the opportunity to develop food preparation skills in the kitchens. They will also learn Kitchen and Food Safety procedures and guidelines for making nutritious food choices.



#### NUTRITION & HEALTH (HFA4C) GRADE 12

This course focuses on nutrition and health at different stages of life and on global food issues. Students are provided with the opportunity to develop advanced food preparation skills in the kitchens. They will learn about healthy eating and the role of nutrition in health and disease.

#### PERSONAL LIFE MANAGEMENT (HIP40) GRADE 12

This course focuses on preparing students for independent living through hands-on learning and differentiated instruction. Students will learn to manage a household, budgeting and how to meet their food, clothing and housing needs. They will also develop skills in decision making and problem solving.



# Humanities

## INTRODUCTION TO ANTHROPOLOGY, PSYCHOLOGY AND SOCIOLOGY

**(HSP3U) GRADE 11**

This course introduces students to questions and issues related to the three disciplines. Students learn to think critically, develop an understanding of research, methods and explore theories from a variety of perspectives.

## PHILOSOPHY (HZB3M) GRADE 11 (HJT4U) GRADE 12

These courses encourage the exploration of philosophy's big questions, such as: What is the meaning of life? What makes something beautiful? What is a just society? Students will develop critical thinking and philosophical reasoning skills.

## EQUITY & DIVERSITY (HSE4M) GRADE 12

This course enables students to develop an understanding of equity and social justice issues to analyze strategies for positive social change. Students will learn historical and contemporary equity & social justice issues and the impact of various factors on equity and social justice.

## CHALLENGE & CHANGE IN SOCIETY (HSB4U) GRADE 12

This course focuses on the use of social science theories, perspectives, and methodologies to investigate and explain shifts in knowledge, attitudes, beliefs and behaviour and their impact on society. This is done through differentiated instruction, discussion and debate.

